

2015-2016 Gymnastics Questions and Answers

2-22-16

Reminders

Tattoos – Especially during tournament time there is a lot of school spirit and we often see school logos or other small pictures/logos/names/etc. on girl's cheeks, upper back, etc. **Reminder:** It is only actual paint that can come off on the equipment that is illegal. Tattoos, temporary tattoos, stickers, writing on your face with a marker, etc. would all be allowed as long as they are not offensive. The intention is to not allow things that would cause a safety issue to the gymnasts or damage to the equipment.

Connecting – Both beam and floor have many instances where judges have to decide whether two elements are connected in order to award event requirements and/or back-to-back superiors. Whether a gymnast has successfully connected two elements can make the difference in placings of gymnasts. Please be as consistent as possible when making your decision – connected or not connected. Keep in mind that judges do not have to agree. It is more important to be consistent with ourselves. If something is debatable, decide which way you will go and stick with it for all gymnasts – either do not award credit, or you can award credit with a rhythm deduction if appropriate. Keep in mind the things that cause a series to be broken:

- 1) Stop
- 2) Loss of balance – small or severe
- 3) Extra step, hop, or jump between elements
- 4) Repositioning of the support leg - - even the smallest step or “scooch” of the feet will break a series. Once the feet/foot lands after the first element it may not move prior to takeoff for the second element
- 5) Land in plie, straighten legs, plie again prior to second element
- 6) Large arm swing that causes a **stop**. If the body continues its movement, an arm circle does not necessarily break the connection.

2-22-16

Vault

Handspring Full Vaults – There again have been some concerns with the judging of a handspring full vault. Please be aware of the proper technique of performing this vault.....

The body should be square upon initial contact with the table and the entire body and both hands should leave the table prior to the start of the twist. Ideally, the twist is performed at the height of the afterflight and is quick and complete by the time the body is about horizontal prior to coming down to land. Common errors.....

- 1) If upon initial contact of the table, the hands are in a 1/4 on position, even if the body/torso is not turned 1/4, the vault is no longer a handspring full but a 1/4 - 3/4 and should be judged as such from a 9.0.
- 2) If initial contact is square but one hand slides to the 1/4 position prior to leaving the table there would be a .3 deduction for twisting too early, as well as other appropriate deductions for height, dynamics, body position, etc.
- 3) If initial contact is square and as the twist begins, one hand stays on the table throughout a portion of the twist, the .3 deduction for early twist is applied, plus probably a severe deduction for height since it would be difficult to get repulsion from one arm to achieve much height and other appropriate deductions.
- 4) Gymnasts that do not use the proper technique, as in #2 and #3 tend to “float” the twist which can also receive deductions for sharp/exact/crisp twist and possibly incomplete twist. These vaults tend to look more like a 1/4 – 3/4

Please be conscious of these errors and reward the gymnast with the correct twisting technique.

Bars

Extra Swing – attached is a video of an example of an extra swing – underswing forward, swing backward, swing forward into a flyaway dismount

This example would receive a .3 deduction for an extra swing.

2-15-16

Vault

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Please be conscious of these errors and reward the gymnast with the correct twisting technique.

Bars

Extra Swing – attached is a video of an example of an extra swing – underswing forward, swing backward, swing forward into a flyaway dismount

This example would receive a .3 deduction for an extra swing.

2-8-16

General

Mechanical Failure – It is the responsibility of the gymnast/coach to regulate the volume of the music. A gymnast starts her floor routine when the music begins. If she does not hear the music she should not start her routine until the problem is corrected and the music begins with the corrected volume. Once a gymnast starts with the music and continues to complete her routine, she will receive a score that is final unless there has been another problem that is beyond her control such as the music actually stopping. Low volume alone, stated after a gymnast’s routine is complete, is not considered mechanical failure and is not a basis for a gymnast to repeat a routine.

Uneven Bars

Drop kip (#1.208b) – jump to brief hang on HB, drop to suspension under LB, kip to LB

This element would be credited as a superior release in event requirements and is considered complete when the kip is completed. If the drop was followed by a glide ½ kip to support on LB it would **NOT** be given credit as a direction change since it is a mount. A direction change must be included within the routine and excludes the mount and dismount.

Extra Swing – From a support on the HB, if the gymnast swings forward (either by casting backward and downward and then doing a long swing forward; by casting to a sole circle position with the feet on the bar and then releasing the feet to swing forward; or by doing a clear underswing forward, which looks like the start of a clear hip circle without hips or feet on the bar), then swings backward with the back to the LB, then **swings forward a second time into a flyaway dismount**, the gymnast will receive a **0.3 deduction for an extra swing**. None of the above 3 methods of swinging forward is an element and therefore would constitute a swing forward and backward – an unnecessary extra swing. If the gymnast performed an element on the backswing such as a straddle back, an uprise, or an inward salto dismount, there would be no deduction since the forward swing prior to the backward swing into the element is considered as part of that element.

Uprises – If a girl attempts a HS uprise but does not meet the technical requirements (see Newsletter #4) she will receive no credit for the attempt. HS uprisers do not become S uprisers when performed poorly. If a HS is not awarded it is a no value skill and appropriate deductions would be taken for what was performed including form errors and extra swings.

Balance Beam

Back Handspring – In order for a superior back handspring to increase in value to a high superior when connected to a superior acro element, the back handspring must be performed first. **Examples:** back hdsp-back hdsp = HS+S; front handspring-back hdsp = HS+S- - -

2-4-16

General

Mechanical Failure – It is the responsibility of the gymnast/coach to regulate the volume of the music. A gymnast starts her floor routine when the music begins. If she does not hear the music she should not start her routine until the problem is corrected and the music begins with the corrected volume. Once a gymnast starts with the music and continues to complete her routine, she will receive a score that is final unless there has been another problem that is beyond her control such as the music actually stopping. Low volume alone, stated after a gymnast’s routine is complete, is not considered mechanical failure and is not a basis for a gymnast to repeat a routine.

Uneven Bars

Drop kip (#1.208b) – jump to brief hang on HB, drop to suspension under LB, kip to LB

This element would be credited as a superior release in event requirements and is considered complete when the kip is completed. If the drop was followed by a glide 1/2 kip to support on LB it would **NOT** be given credit as a direction change since it is a mount. A direction change must be included within the routine and excludes the mount and dismount.

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dismount, there would be no deduction since the forward swing prior to the backward swing into the element is considered as part of that element.

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Balance Beam

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2-3-16

Miscellaneous

2016 Changes – For those that are interested, the NFHS has announced new changes for our 2016-18 rulebook which can be found on the NFHS website (www.nfhs.org)

General

Mounting – A board, folder panel mat, or mount trainer mat may be used for mounting the apparatus. Gymnasts may not mount from a spotting block.

Using the same element twice to fulfill difficulty – 0.1 – Example: a bar routine has 4 mediums, one high superior and only 3 superior elements, two of which are long hang kips. A deduction of 0.1 would be taken since she needs to use the long hang kip twice in order to fulfill difficulty. If this routine had other different superiors that could be used to fulfill difficulty, the deduction would not be taken since one of the long hang kips is not actually needed for difficulty. The intention is to see different value parts in order to fulfill difficulty. Credit may be given for two of the same elements but a penalty is incurred for showing a lack of ability to perform different counting value parts.

Balance Beam

Turns w/leg at horizontal – (BB #3.302b, 3.402 and FX #2.202, 2.302, 2.402) – The gymnast must have time to quickly lift the leg into position during the first 45 degrees of the turn. The free leg may be forward or backward, bent or straight, but the entire leg must be above horizontal and not held with the hand. Once the horizontal position is reached, it must be maintained throughout the turn in order to receive value part credit as listed. If not, the appropriate lower value is awarded.

AHS jumps with twists – A split jump with 3/4 is an AHS (#2.406). A side split jump with 1/2 or more (#2.407) and a straddle pike jump with 1/2 (#2.408) or more are both AHS's.

For split and side split positions the split should be 180 but if it is at least 136 you can give credit and take off (p. 57, Art. 4 and diagram on p. 58).

For straddle pike the split should be 135 but if it is at least 91 you can give credit and take off (p. 57, Art. 1 and diagram on p. 58)

For straddle pike the legs are also expected to be horizontal but if they are up to 44 below horizontal you can give and take (diagram on p. 58)

So.... if they are trying a straddle pike and finish the 3/4 but they are up to 44 below horiz and only 91 split, they could get credit and lose .2 for each error, or a total of .4. If they don't even reach one or both of those criteria, then you have to decide what to give, which would probably be a stretched jump 3/4 (S) with legs apart. Same for the split and side split if they are not split enough.

Floor Exercise

Khorkina (FX #1.406b) - A Khorkina takes off of one foot and has a 1 1/2 turn in the horizontal plane with the legs together to end in a front lying support on the floor. The first leg kicks forward and then the first half turn begins (looking like the start of a tour jete). The chest lowers as the legs join behind resulting in a position of the body that is facing and horizontal to the floor. Another 360 degree turn continues while the body is in the horizontal position followed by the landing in a lie on the floor. See attached diagram.

1/28/16

General

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1/20/16

General

**** Correction** – In the last newsletter, under Balance Beam-Dismount – it should say (saltos take off of **two** feet). Sorry if anyone was confused.

Verbal Cues - There is a deduction when there is communication between a coach and gymnast during a routine but there is no specific penalty if a gymnast talks to herself during her routine.

Removing mounting devices – There is a .3 chief deduction for failure to remove the board after mounting. This would include any device used for mounting including boards, mount trainer mats, or folded panel mats. Please see p. 28, Art. 3e – “The board/folded panel mat/mount trainer mat must be removed as soon as possible after the gymnast has mounted.”

Matting – Although 19” of matting is allowed, only manufactured mats of a thickness referenced in the rulebook are allowed. A large mat, for instance 18”, would not be allowed even though it is under 19”.

Series exceptions review – Due to the many questions we have each and every year concerning difficulty exceptions, below is a review.

- There are **only two elements in the rulebook that actually change their value** depending on what follows. They are the roundoff and the back handspring on balance beam. They both have superior value. If either is directly connected to and followed by another acro element that is a S/HS/AHS, then the roundoff or back handspring changes in value to a HS. The second element in the series retains its original value. **Examples:** ro-bhs = HS+S plus .1 LL BBS; bhs-bhs = HS+S plus .1 LL BBS; bhs-bk salto = HS+AHS plus .2 HL BBS and .2 for the AHS; ro-back salto with 1/2 dismount = HS+HS plus .2 HL BBS; ro-wolf jump = S+S (ro remains a S since it is not connected to an acro element) +.1 LL BBS
- **Series on BB** – There are some elements on beam that when combined into a series may receive **one** value for the entire series. On beam - 2 medium acro elements that pass thru vertical, are directly connected, and both start and finish on the beam may receive one superior value part or 2 medium value parts depending on what is to the gymnast's advantage. Examples: cw-cw = one S or M+M; bwo-bwo = one S or M+M; cw-ro = M+S – each retains their own value; cw-cw-bk tuck dismount = one S for the series + S for the dismount plus .1 LL BBS.
- **Series on FX** – There are several instances where a series of 2 elements, when connected, may receive one single value part or retain their own value parts depending on what is to the advantage of the gymnast. When determining back-to-back superior credit, the original value of each element will be used. They are:
Series of back handsprings or front handsprings = M+M or one S
Series of flysprings or butterflies = S+S or one HS
A flyspring connected to and followed by a front tuck/pike salto = S+S or one HS plus .1 LL BBS
Note: If the flyspring is performed second in the series, each retains their own value = S+S plus .1 LL BBS
Note: if the flyspring is followed by a front layout, each retains their own value = S+HS plus .1 LL BBS
Series of saltos backward (tuck/pike/stretched/whip), forward (tuck/pike), or one of each = S+S or one HS plus .1 LL BBS

Series of front layouts or back saltos with a full = HS+HS or one AHS plus .2 HL BBS
- There are no other exceptions.



Balance Beam

- Above is a video clip of a series that does **not** connect. Please see the last newsletter (#4) for the explanation of an acro element that ends in a lunge and then goes forward into the second element. If performed on the beam, the girl in the video would receive a M for the cartwheel, a S for the roundoff, and no credit in event requirements for an acro series.

Floor Exercise

- **#1.409** – This box actually includes 2 separate elements and has been confusing to some. Please read as follows:
#1.409a – switch leg leap 180 degrees with 1/4 to side split position with additional 1/2
#1.409b – switch leg leap 180 degrees with 1/4 to straddle pike position with additional 1/2
Note: both are a switch 1/4 with an additional 1/2 but with different leg positions – one with a side split and one with a straddle pike

1/13/16

Clarifications

General

Verbal cues by coach or teammate – Verbal cues are not allowed. After one warning, a second occurrence incurs a .2 chief judge deduction. If a coach actually instructs a gymnast during a routine, no warning is required. In this case the deduction is taken only once per routine no matter how many times instructions are given. There is no deduction for signaling (i.e. holding up a hand, etc.)

Awarding Advanced High Superiors – AHS's are not given credit in bonus when there is a fall (.5) or a spot (.5). This would also include a support on the mat with 1 or 2 hands (.5).

Uneven Bars

Release – the release from the low bar with counterflight to catch the high bar (sometimes known as a “toe shoot”) is a single element that ends with the catch of the high bar and receives HS credit when performed correctly. If followed by a long hang kip, the long hang kip is a separate superior element and the combination would receive a LL BBS.

Uprise – An uprise should finish in a clear support on the high bar. The gymnast must show a closed shoulder angle, pulling the shoulders in over the high bar to a clear support at or above horizontal. If the body finishes below horizontal, an up to 0.2 deduction should be applied for insufficient amplitude but credit can be given. An uprise is considered complete when the gymnast arrives in the clear support and receives HS credit. If, following the uprise, the hips are pulled into the high bar and a back hip circle is performed, the back hip circle receives medium credit. Credit is not awarded if the uprise is so low that the hips are unable to come into the bar and the following element looks more like a pullover. In this case medium credit would be given for the pullover.

Balance Beam

Shoulder rolls – When performing a back shoulder roll, the hands may be placed under or on top of the beam. The ending position may be on one or two feet, one or two knees, or to a sit.

Connecting acro elements – Please review Points of Emphasis item #2 on page 96-97.....

Depending on how they are performed, not all acro elements are connectable. **If an element lands in a lunge - after the second leg steps down behind the first, the gymnast may NOT lean forward to initiate the second element.**

If an acro skill ends in a lunge the only real possibility for a connection is to continue to go backwards (i.e. back walkover) into the next element. The front leg of the lunge is the landing leg and the back leg (free leg) must be the takeoff leg for the next acro element. You may not lean forward from the lunge after the back leg has already landed and continue into an element which takes off from the front leg.

Dismount – A front **aerial** dismount with a 1/1 twist is a HS (aerials take off of one foot). A front **salto** dismount with a 1/1 twist is an AHS (saltos take off of one foot). Please be aware of whether the gymnast is taking off of one or two feet.

Floor Exercise

Removing a mat – No more than one step is allowed inside the boundary line to remove additional matting regardless of where the gymnast is on the floor at the time of removal.

Salto vs. Aerial – repeat due to continued questions.....

In order to receive credit for an acro element with a ½ twist, the element must be a salto, not an aerial from one foot. A salto takes off of two feet. The ½ turn must also be completed in the air. Some forward acro options would be a front salto (tuck, pike, or layout) with a ½ twist. Some gymnasts perform what looks like an aerial roundoff but from two feet (commonly called a barani). Credit can be given as long as the gymnast takes off forward and completes the ½ twist in the air but deductions should be taken for incorrect technique of a front salto. In a front salto with a ½ twist, the twist should occur after the body passes through the inverted vertical position.

Acro passes – Just a reminder that if an acro pass consists of only 2 elements, they both must be forward elements in order to fulfill the event requirement as one of the 3 passes. Also, one of the two elements or the two combined as a series must be at least a HS or AHS. If two directly connected front tuck saltos are performed, the series receives one HS so it qualifies as a pass **and** the series also receives a LL BBS.

12/14/15

Reminders / Clarifications

Uneven Bars

Determining when to take an extra swing between two back hip circles –

If a back hip circle does not show control in the front support ending position and the legs come forward under the bar (like many do), then when they go backward, that is their cast and they have to wrap when they come forward the second time. The gymnast cannot bring the legs back into a front support and then bring them forward again a second time for a cast backward and wrap the third time they come into the bar for the second back hip circle. I hope that explains it! Yikes!!

Balance Beam

Series of cartwheels connected to a gainer back salto dismount –

Assuming the cartwheel series is connected (S), there are two ways to connect the dismount (S) in order to receive 0.1 credit for a LL BBS.

- (1) If the left leg lands first on the second cartwheel, the free right leg becomes the takeoff leg for the next element and the gymnast may step forward on the right and swing the left leg forward into the gainer dismount (taking off from the right leg).
- (2) If the left leg lands first on the second cartwheel, the free right leg may swing thru forward directly into the gainer dismount (taking off from the left leg).

Floor Exercise

Salto vs. Aerial –

In order to receive credit for an acro element with a ½ twist, the element must be a salto, not an aerial from one foot. A salto takes off of two feet. The ½ turn must also be completed in the air. Some forward acro options would be a front salto (tuck, pike, or layout) with a ½ twist. Some gymnasts perform what looks like an aerial roundoff but from two feet (commonly called a barani). Credit can be given as long as the gymnast takes off forward and completes the ½ twist in the air but deductions should be taken for incorrect technique of a front salto. In a front salto with a ½ twist, the twist should occur after the body passes through the inverted vertical position.

Back-to-Back Superiors in an uninterrupted Acro Pass –

In an acro series, BBS's may be awarded whether the S/HS/AHS's are **directly or indirectly** connected (mediums between). Low level BBS's (0.1) include a superior and a HS, AHS, or another S. High level BBS's (0.2) include HS's and/or AHS's with one exception. If an AHS is **directly** connected (either before or after) to a S salto, the connection receives credit for a HL BBS.

2/25/15

General

It is only actual paint that can come off on the equipment that is illegal. Tattoos, temporary tattoos, stickers, writing on your face with a marker, etc. would all be allowed as long as they are not offensive. The intention is to not allow things that would cause a safety issue to the gymnasts or damage to the equipment. (as per the WIAA)

Vault

Both a spotter and the safety mat around the board are required when gymnasts are performing a round-off entry (Yurchenko) vault. If either one or both is missing, the vault will be voided. The spotter may position herself on either side of the table but must be in a position to actually spot if necessary in order to prevent an injury. Standing at the end of the matting (12' or 18') would be inappropriate as spotting would be impossible from that distance.

Balance Beam

Connecting – If the first acro element ends in a lunge, the gymnast may not then lean forward to initiate the second element. The lunge would break the series. Example – a gymnast does a back walkover and ends in a lunge with the right foot in front and left foot behind.

She then, without moving her feet, leans forward into a right front walkover or handstand, kicking the left leg upward. This is not connectable. In this case, the left foot cannot be set down into the lunge but must swing through and be the takeoff leg for the second acro element.

Floor Exercise

Coach in Competitive Area - A coach/spotter is not allowed within the competitive area on FX without a deduction. If a coach is inside the border marking, a 1.0 Chief Judge deduction is taken. If the gymnast is spotted, an additional 0.5 deduction is taken by all judges for the spot. Total deduction = 1.5. **Note:** No deduction is taken if a coach steps onto the mat to retrieve an object fallen from a gymnast or "inadvertently" steps into the competitive area to remove or place any additional matting. A coach may not walk out onto the floor to place or remove a mat during a routine. A slight one step in the corner while removing or placing a mat is acceptable but if the mat is to be placed farther onto the floor so that it cannot be reached from the corner, it will need to be placed and/or removed prior to the start of the routine or upon completion of the routine.

Small **chalk marks** or a single-line arc are allowed only in the corners of the floor mat. Markings out in the middle of the floor area are not allowed.

Event requirement – superior in 3rd pass OR as last acro element

- a) If the 3rd acro pass includes a superior, 0.2 credit is awarded in event requirements. In this case, it does not matter if any other acro elements are performed following the 3rd pass.
- b) A second option for awarding credit, if the 3rd pass does not contain a superior, is to look at the very last acro element in the routine. If that element is a superior acro element it would meet the requirement and receive 0.2.
- c) **Note:** if the 3rd pass was broken but still ends with a superior, credit can be given if that superior is not followed by any other medium acro element. Example: front tuck (stumble and not connected), roundoff, back tuck. Even though, in the example, this would not receive credit for a pass, the last element is still a superior and can be given credit if it is the last acro element in the routine.
- d) **Note:** If the 1st or 2nd pass is broken, there are no longer 3 passes in which case there cannot be a superior in the 3rd pass since there isn't one. In this case, as in (c) above, the last acro element must be a superior. If it is a medium, credit cannot be given.

2/19/15

General

Jewelry - The rulebook states that "jewelry shall not be worn in competition". Jewelry includes necklaces, rings, earrings, bracelets, etc. No jewelry is allowed to be covered with tape or any other type of covering.

Spotting – If 2 coaches are present to spot and both touch/spot, the 0.5 deduction would be taken twice. If either facilitates, the vault/element is VOID and receives no credit. Exception – on a handspring vault facilitating is 1.0 in each phase.

Uneven Bars

Sole Circle catch HB (#8.202 vs. #8.302) - Grip change just means releasing one bar and catching the other - what we would call a "kip catch" is technically described as a "kip on LB with grip change to hang on HB"

Both 8.202 and 8.302 are sole circles that catch the HB.

- The HS (#8.302) needs to show a **counter movement** before the catch. In other words, from the sole circle, the legs release and shoot up between the bars and then there should be a sort of "cut catch" motion so that the legs circle backwards and the hips are behind the hands before the catch. Ideally, after the catch the hips should be close to the LB so that there is a big swing forward into the next element - usually a long hang kip. The body stays between the bars the whole time until after the catch.
- The S (#8.202) is sort of like the old sole circle catch the girls used to do years ago. The legs just release and shoot out almost like a dismount with the legs going under the HB rather than up and between the bars. After they catch the HB the legs are usually on the outside of the HB and the body will swing backwards.
- When the HS is done poorly there can be very little swing forward or maybe none at all. We usually give credit if there is any amount of counter movement and if the girl can continue into the long hang kip. If it is done so poorly that she is just in a dead hang, no counter movement and she can't do anything but an extra swing then it would probably be a S. The judge has to make a judgment call, so when done poorly, the element could sometimes receive a S and sometimes a HS.

Balance Beam

Back Handsprings - If a girl falls after her landing on a back handspring and then gets up and successfully performs 2 connected back handsprings she will receive a S for the first and a S+HS for the second and third. All 3 back handsprings may receive credit because a single back handspring is listed separately in the rulebook (#9.202) from one that is connected into another superior acro element (#9.302).

Floor Exercise

"Series of saltos forward (stretched)" is an AHS (#8.402) and receives .2 for a HL BBS since both saltos are HS's. The combination of a stretched salto forward directly connected to a stretched salto forward with a 1/2 twist will also receive an AHS and .2 for a HL BBS since both are stretched saltos forward.

Clarifications

Beam - Reminder: When connecting 2 acro elements by swinging the free leg thru and stepping into the second element, such as in 2 cartwheels, the free leg should swing thru no higher than 45° or the series will be broken (p. 97)

Floor - 2 directly connected forward and/or backward saltos receives credit as a HS and also a BBS. These must be saltos. 2 directly connected aerials such as aerial walkover-aerial walkover will receive S+S and a BBS but not a HS and will not be considered as one of the 3 required passes.

Floor -BBS - Two superiors in a directly connected acro pass may receive BBS. The superiors do not need to be saltos. Example: front handspring-front handspring (series is a S) - roundoff - back tuck (S) = S+S and a LL BBS

2/9/15

General

Awarding Difficulty – 8 elements are required in order to fulfill difficulty – 4 M’s, 3 S’s and 1 HS

When there are less than 8 elements (ex: 3 M’s and 3 S’s) always award credit for the highest value (.5) superior elements first. You NEVER downgrade one of the 3 REQUIRED superiors worth .5 and credit it as a medium giving it only .3. In this case the gymnast would receive 2.4 in difficulty (3 S’s @ .5 ea and 3 M’s at .3 ea). Always score to the benefit of the gymnast.

Awarding AHS’s – If an AHS is completed with no fall or spot, .2 should be awarded. There is no limit of execution/amplitude errors that can occur on the AHS as long as there is no fall or spot.

Securing the Mat -

It is not illegal for girls to sit on the edge/outside of the mat and push against the additional mat (skill cushion) with their feet in order to secure it. The book states only that the mat has to be secured. It does not have to actually be “tied”. It is not really practical to have to continually “tie” the top mat on and off. The large mats don’t slip, only the skill cushions that are put on top.

Vault

1/4-1/4, 1/2-1/2, or 1/4- 3/4 Front Salto (#4.504 - 10.0) vs. Tuck Tsuk 1/2 (#4.402 - 9.8) vs.

When determining the difference between these two vaults, it is all about the timing of the twist. In #4.504, the twist is performed prior to the salto so that the salto is a front salto. But many are twisting and doing the salto at the same time so it almost looks like a sideward salto. In this case we usually would give credit for the higher value vault and take off for the late timing of the twist and/or precision of the twist (twist should be quick, sharp, precise vs. slow and floaty). Some gymnasts will announce the higher value vault but actually do the Tsuk 1/2 (which is worth less) because they twist very late and are actually doing a back salto. A judgment as to whether they did a back salto (9.8) or a front salto (10.0) has to be made and then the vault is judged accordingly.

Bars

Alternate foot placement after a cast -

Sometimes gymnasts cast to handstand and then bring one foot down first to put on the bar right away and put the other one on very late in order to get more speed. They do this for toe on skills like the toe shoot, Comaneci dismount or sole circles to handstand. The second foot should go on the bar at some point.

If the cast prior to an element is not to handstand with the legs together, there is a .05 angle deduction if it is under 45 degrees. Also, you would take a deduction if the second leg never contacts the bar. Credit is given for the element with the appropriate deductions.

Beam

Rolls – Forward and backward rolls and shoulder rolls may start and finish in any position – squat, sit, laying on back, etc.. They may finish on 1 or 2 feet, knees, in a straddle sit position, etc.

Floor

HL BBS – A backward roll to handstand with 2/1 is a HS and may follow a HS element and receive credit for a HL BBS. (ex: Straddle jump 1/1 (Popa) to a bwd roll w/ 2/1)

Happy handstand,

Jan Adkins

WHSGA

WIAA Rules Interpreter

1/23/15

General

1) Definitions –

- a) **Element** – an element is any skill that is listed in the rulebook that a gymnast may choose to perform in order to have the possibility of earning Value Part credit. An element performed a third time may not receive Value Part credit.
- b) **Value Part** – when an element is performed according to the technical requirements, it may earn Value Part credit as a M, S, HS, or AHS up to twice during a routine. If performed a third time it is an element of no value.

Uneven Bars

- 1) **Short routine** – In order to be considered a complete routine a gymnast must perform at least **5 elements of value**. Each element performed must be completed according to the technical requirements and be eligible to receive Value Part credit or a 2.0 deduction is incurred. An element may only be repeated twice for value part credit. If a routine consists of a mount, a dismount, and 3 back hip circles the 3rd hip circle receives no value and therefore, there are only 4 elements of value and 2.0 is taken.
- 2) **Falls** - After a fall, judging begins with the **first element that is performed**. Example: If a gymnast remounts with a pullover (M element) and then stops and “climbs” to a stand in order to continue into a long hang kip, deductions are taken for the stop and “climb” because judging starts with the pullover. In order to eliminate deductions, a better option would be to jump to a front support and climb to a stand, in which case judging would begin with the long hang kip. A gymnast is also allowed to be lifted to the bar by a coach and may take a maximum of 2 pump swings to initiate momentum with no deduction.

Balance Beam

- 1) **Handstands** – Handstands may be performed with different leg positions. Examples: both legs straight, one leg in stag position, double stag, split, side split, etc. Medium credit is awarded as long as the handstand is held for 2 seconds in the vertical position.
- 2) **Connecting acro series** – When an acro element lands on one foot first (ex: handstand, walkover, back handspring step-out, cartwheel) it may be connected to a second acro element....
 - a) The free leg may be placed next to the landing leg of the first element and an acro element may be performed from 2 feet such as a back handspring. (ex: handstand step down, join feet, back handspring)
 - b) The free leg may be placed behind the landing leg to be the takeoff leg to perform, for example, a back walkover.
 - c) The free leg may swing through and be placed in front of the landing leg to step forward into another acro element such as a cartwheel or roundoff.
 - d) Regardless of which method is used, there must be continuous motion – no stop or extra steps.
 - e) Handstands that are vertical and held **may** be used in an acro series as either the first or second element in order to receive event requirement credit.
 - f) See page 74, Situation 8.2.3c and #2 at the bottom of page 96 – Six Ways to Break a Series
- 3) **Acro series exceptions** – #8.306 and #9.302a
 - a) When a roundoff or a back handspring is directly connected into a superior acro element, the roundoff or back handspring then becomes a HS. The second element remains a S for a HS+S, which receives 0.1 credit for a LL BBS.
 - b) In order to increase in value, the roundoff or back handspring must occur first.
 - c) The second element is not required to be performed ON the beam (ex: RO-bk tuck dismount = HS+S)
 - d) Note: In order to receive credit in event requirements for an acro series both elements must be performed ON the beam.

Floor Exercise

- 1) **3 acro passes** – an acro pass must consist of 3 acro elements, only **one** of which must be an element of value (Value Part)
 - a) This is the only requirement that does **not** require that each element have value. Therefore, if one pass includes, for example, a third cartwheel, the pass may receive credit as one of the 3 passes as long as one of the other elements in the pass receives value.
- 2) **Event requirement** – superior in 3rd pass **OR** as last acro element
 - a) If the 3rd acro pass includes a superior, 0.2 credit is awarded in event requirements. In this case, it does not matter if any other acro elements are performed following the 3rd pass.
 - b) A second option for awarding credit, if the 3rd pass does not contain a superior, is to look at the very last acro element in the routine. If that element is a superior acro element it would meet the requirement and receive 0.2.
 - c) Note: if the 3rd pass was broken but still ends with a superior, credit can be given if that superior is not followed by any other medium acro element. Example: front tuck (stumble and not connected), roundoff, back tuck. Even though, in the example, this would not receive credit for a pass, the last element is still a superior and can be given credit if it is the last acro element in the routine.

Jan Adkins
WHSGA
WIAA Rules Interpreter

1/7/15

General - Reminders

- 1) Bonus – There are 3 categories in Bonus that, when given full credit, add up to 0.8 that can be awarded in Bonus.
 - a. If a routine contains 2 AHS's (no fall/spot), 0.2 may be awarded for each for a maximum total of 0.4

- b. If a routine contains one HL BBS, a maximum of 0.2 is awarded
 - c. If a routine contains a third AHS (no fall/spot) 0.2 is awarded...OR... If a routine contains a second HL BBS 0.2 is awarded...OR...If a routine contains one or two LL BBS's 0.1 for each may be awarded for a total of 0.2. A maximum of 0.2 may be awarded in this Bonus category earned in one of the 3 ways listed above.
- 2) Improper uniform - The deduction for improper uniform is .2. Uniforms are covered on p. 11 which includes the fact that jewelry may not be worn. "Jewelry shall not be worn in competition."
- a. If a judge sees jewelry before the girl competes, we are to tell her that she cannot compete with jewelry and must remove it.
 - b. If we do not notice it until she is already doing her routine or immediately after, we take the .2 deduction for improper uniform and she must remove it or not compete on the next events.

Uneven Bars

- 1) Backward and Forward Giants -
- a. A giant facing the low bar and a giant facing away from the low bar are NOT considered different. Only 2 backward giants may receive credit within a routine regardless of which direction the body is facing. Only 2 forward giants may receive credit within a routine regardless of which direction the body is facing.
 - b. Backward giants and forward giants are two totally different elements. In a backward giant, the stomach leads and the hands are in an overgrip, in a forward giant, the back leads and the hands are in an undergrip.
- 2) Uprise with 1/2 - An uprise with a 1/2 turn is a HS (#3.303). The 1/2 turn is done first, prior to the uprise, on the way up after she passes through the bottom of the swing. The uprise portion follows the turn and regrip to end in the clear support. The hands do not have to switch simultaneously.

Balance Beam

- 1) Handstands on beam – Reminders.....
- a. A handstand may receive medium credit IF it achieves vertical AND IF it is held two seconds. If either of these criteria is not met, the attempt at a handstand has no value. (New interpretation this year - same as NFHS.)
 - b. A handstand has no direction and therefore, may NOT be counted as a forward/sideward or backward acro element to fulfill the composition requirement under spacing.
 - c. A handstand may NOT count as one of 2 directly connected medium acro elements that can be combined to make one superior because a handstand does not pass through vertical.
 - d. A handstand CAN be used in an acro series to fulfill the event requirement as long as it receives medium credit (is vertical and held).
- 2) Beam dismount – An aerial walkover dismount is a S (#11.203a) as shown in the diagram. Whether she steps left, then steps right and kicks her left leg back immediately into the aerial OR whether she steps left, then steps right and stops while she swings her left leg forward before swinging it backward into the aerial makes no difference. She is still doing an aerial forward while taking off forward from one foot and there is no gainer movement involved. It is not a front layout salto (#11.304) because it does not take off of 2 feet.

12/15/14

Clarifications from Jan Adkins:

Floor Exercise

- 1) 2 of the identical leaps or jumps (examples – wolf full-wolf full or Popa-Popa) may receive BBS credit if connected properly but may not receive credit in event requirements which requires that the leaps/jumps be different. Event requirements no longer requires that the leaps/jumps be different shapes.

- 2) New bonus rule – an AHS acro connected to a S salto may receive .2 credit for a HL BBS. The AHS may also receive .2 credit for an AHS for a total of .4 in bonus.
- 3) The combination of a flyspring into a front tk/pk (6.302b) is one HS. Because it is two separate superiors combined for the series exception, it also receives +.1 for S+S = LL BBS. If a flyspring is connected to a front layout, the front layout is already a HS so it receives credit for one S plus one HS, also +.1 for S+HS = LL BBS. There is no series exception that increases the value of a flyspring-front layout.

Balance Beam

- 1) New bonus rule – an AHS acro connected to a S acro may receive credit for a HL BBS (AHS+S, both acro, receives .2 for HL BBS). If an AHS acro is connected to a S dance element it would still receive credit for a LL BBS (AHS+S, both dance or one acro and one dance receives .1 for LL BBS).
- 2) What some people call “front gainer” dismounts off the side (cannot be done off the end) are listed on p. 71 along with aerials – “Free (aerial) walkover forward AT SIDE – numbers 11.203, 11.303, 11.403
- 3) A spotting block may be used to spot an element and must be removed immediately after the element is completed. It may not be placed under the beam alone (with no coach standing on it) in order for the gymnast to visually feel closer to the ground, as a visual aid. If so, there would be a deduction of .3 for incorrect apparatus specifications.
- 4) Clarification of the deduction of .05 in composition if the dismount is the only fwd/swd or bwd element –
 - a. If she has both and both are ON the beam – she is OK – no deduction

Example – bwo and cw – both start and finish on the BB

- b. If both are missing – deduct 0.1
- c. If one is missing or if there is NO acro on BB – deduct 0.1

Example: no acro ON beam and RO dismount – 0.1 for no bwd

Example: bwo ON beam and back tuck dismount - 0.1 for no fwd/swd – both are bwd

Example: cw ON beam and RO dismount – 0.1 for no bwd – both are fwd/swd

- d. If they have both but one is the dismount – deduct 0.5

Example: cw ON beam and back tuck dismount - .05 because the only bwd is the dismount

Example: bwo ON beam and RO dismount - .05 because the only fwd/swd is the dismount

Example: fwd roll onto beam mount and back tuck dismount - -.05 because the only bwd is the dismount

Note: the mount may count when evaluating direction

Summary.....

Must have one of each that both start and finish on the beam – no deduction

If either one is missing – deduct 0.1

If they have both but one is the dismount – deduct 0.5

Back handsprings – A series of bk hdsp #9.302a (if properly connected) would be a HS+S. It is 2 elements but that does not really matter since we do not have the 8 required skills anymore. The series gets credit for one HS and one S plus 0.1 for a LL BBS. It also receives credit in event requirements for an acro series ON the beam. A single bk hdsp #9.202 is a S and is considered different since it is listed in another box in the book. If a gymnast performs a series of bk hdsp and also a single bk hdsp somewhere else in the routine, a deduction under composition could be taken for variety.

Pike jumps – The only specific requirement for S credit is a minimum of 90 degree closure. The legs are not required to be at horizontal however deductions can be taken for lack of height. Although the chest will lean forward somewhat, a deduction can be taken for poor body position if the body is bent too far forward in order to achieve the 90 degree closure. The preferred position would

be with the legs higher and the chest closer to vertical.

11/24/14

Line Judges – Line judges are **required** at all invites and conference meets – any type of “championship” meet that involves team, event champions and awards. They are not required at regular season meets, triple-dual tri-meets, or quad meets that do not involve awards.

New UB Element – a new element from a Wisconsin gymnast has been submitted and has received a ruling....please add to rulebook.
#2.404 (AHS) Front support on HB - cast with salto forward, tucked or straddled to hang on HB (Comaneci Salto if straddled)

Handstand on Beam – 2014 NFHS and WI Clarification – In order to receive medium credit on beam, a handstand must attain vertical and be held for 2 seconds.

Past clarifications – Clarifications from the past 2 years that are still valid for our new rulebook are posted on the WIAA site.